

Emotional Freedom Techniques (EFT) uses acupuncture points to help release stuck emotions. <http://eft.mercola.com/> for more details on his version, photos and a drawing.

1st choose an issue you want to work on. Notice how intense the feeling is. Rate the feeling on a scale from 1 to 10: 1 = very little and 10 = the most intense. Write down the rating.

2nd is the Setup. While tapping on the **Karate Chop (KC)** point on the **outside** of the **hand** in the soft area between the wrist and the knuckle by the baby finger (between *SI 3* and *4*)) say the "Setup Statement" a minimum of 3x.

The Setup Statements consist of saying something like:

Even though I have this fear of water, I completely love and accept myself.

Even though I had a bad day at work, I completely love, accept and forgive myself.

After completing the setup, tap down the body on the points listed below. As you tap, use a reminder phrase such as, "This fear of water". The EFT process works best when you stay focused on the topic you are tapping for. Pick a short, specific event rather than a general traumatic environment or events that spanned many years.

Find illustrations of the points at <http://www.acupuncture.com/education/points/index.htm>

TH: TOP of HEAD: tap gently on the **crown on the head** using several fingers (*GV 20*)

EB: inside beginning of **eyebrow** on either side of nose (*UB 2*)

SE: **side** of the **eye**, outside corner (*Tai yang extra point* and *GB1*)

UE: **under** the **eye** on the bone, about 1" below the pupil (*St 2*)

UN: **under** the **nose** (*GV 26*)

CH: just above the **chin** in the indentation below the lower lip (*CV 24*)

CB: **collarbone**, just below the collarbone, on each side, where it joins the sternum (*Ky 27*)

BN: **below nipple**, right where the breast meets the chest (*St. 18*)

UA: **under** the **arm**, level with the nipple, where the bra strap goes (*above Sp 21*)

Take a deep breath. Notice how intense you are feeling now. Rate it on a scale of 1 to 10. If you get anything higher than a zero (0), do another round using a slightly modified reminder phrase:

Remaining fear of water

Remaining bad day at work

Repeat until your level of feeling is at least at a one (1).

If you feel stuck, do the **9-Gamut Procedure**. While tapping steadily on the **9-Gamut** spot between where the ring finger and baby finger where they meet on the back of the hand (*TW3*) do the following: Close your eyes

1. Open your eyes
2. While holding your head still, look hard down right
3. While holding your head still, look hard down left
4. Hold your head still and make a large circle with your eyes like you are looking at the face of a VERY large clock; then repeat the circle going in the opposite direction.
5. Hum a few seconds of any song you like or use one like Happy Birthday or Ode to Joy.
6. Count out loud and rapidly from 1 to 5 (pick a tune that's happy for you)
7. Hum again

Now say the reminder phrase using "remaining . . ." and tap down the body. Repeat if necessary. Some issues are very deep seated and take a bit longer to clear.

Another beneficial use of EFT is to increase happiness and wellbeing. You can tap on positive things like gratitude, love, peace, joy, or whatever draws your attention. Use the same processes outlined above and find out what happens for you. It can be a real treat.